Recipes for success
with Walk-in Coolers

Cold Stress

- Numbness
- Immersion Foot: occurs when skin is exposed too long to cold and dampness
  - Symptoms
    1. Swelling, tingling, itching, loss of skin, skin ulcers
- Frostbite: occurs when extreme cold constricts blood flow
  - Symptoms
    1. A tingling sensation or pain in the hands
- Hypothermia: illness results when the body temperature drops below 96 °F (normal body temperature is 98.6 °F)
  - Symptoms
    1. Skin becomes pale and cold
    2. Speech becomes slurred

Safety Rules

- Be aware
- Know warning signs
- Dress appropriately with protective gears
- Work in pairs
- Wear warm clothes
- Drink warm beverages
- Do not overwork
- Take frequent breaks
- Allow body to adjust to the cold
- Schedule deliveries during warm hours
- Check walk-ins regularly

OHSA Standards

- A panic bar or other means of exiting from the inside of walk-in coolers and freezers must be provided to prevent workers from being trapped inside
- Personal Protective Equipment must be available
- Floors in every workroom must be clean and dry

A message brought to you by
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